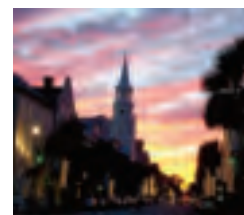




Friendship Heights

# VILLAGE NEWS



Charleston & Savannah  
page 3

FEBRUARY 2016

301-656-2797

VOLUME 31, NO.2

## An evening of satire and fun

What better time to enjoy the skits and songs of the Capitol

Steps than during an election year? Join us for a laugh-out-loud evening at the Ronald Reagan International Trade Center on **Friday, March 11.**

The Capitol Steps began in 1981 as a group of Senate staffers who, at a holiday office party, set out to satirize the very people who employed them. The performers have worked in a total of 18 Congressional offices and represent 62 years of collective House and Senate staff experience. Since they began, the Capitol Steps have recorded over 30 albums, including their latest, *Mock the Vote*. No matter whom you support, the cast is bound to poke fun at your candidate.

We will leave from the Village Center at 6:15 p.m. and return before 10:30 p.m. The cost of the trip, which includes transportation, an Orchestra seat, and driver gratuity, is \$65. Sign-ups for residents and one guest begin immediately. Nonresidents may sign up Feb. 15. There are 24 spaces available. **You will need a photo ID to enter the Ronald Reagan Building.**

## What is a 'village' and does our Village need one?

Since the early 2000s, communities around the county have been energized by the vision of the village movement, which originated in Boston's Beacon Hill neighborhood. The idea behind the village concept is simple: neighbors helping neighbors age at home. The reality, however, is more complex. Different communities developed different models to implement this vision and no one village is like any other. Since 2006 Montgomery County has been a hub of activity for villages with 16 active villages and 9 more in development. What does this idea mean for Friendship Heights? Please join us at the Village Center on **Wednesday, March 16, at 2 p.m.,** to find out more and share your thoughts. Our guest speakers will be Miriam Kelty, Washington Area Villages Exchange President, and Pazit Aviv, Montgomery County's Village Coordinator. Visit the Montgomery County website to read ahead before the meeting: [www.montgomerycountymd.gov/village](http://www.montgomerycountymd.gov/village). Following the meeting, please stay for a cup of tea and further discussion. RSVP at 301-656-2797.



## Voting news you can use

*Learn new voting procedure, register to vote and sign up to be a judge—all at once!*

Maryland will move to a paper-based voting system for the 2016 primary (April 26) and general (Nov. 8) elections. On Election Day, voters will fill out paper ballots, take them to scanners, insert them, then confirm the ballot is complete on a touchscreen.

To take a look at the new equipment and get some hands-on experience with it, come to a demonstration at the Village Center on either **Tuesday, March 1 or Tuesday, April 5, between 3:30 and 5:30 p.m.** A representative from the Board of Elections will show you all you need to know to cast your ballot as well as register new voters- April 5 is the last day to register for the primary. To register bring with you a valid Md. driver's license or ID card. Residents will also have the opportunity to sign up to serve as an election judge. This is a paid position that requires taking a quiz and training. For more details, go to [www.777vote.org](http://www.777vote.org).

A big thank you to all the Village residents who donated 629 pounds of canned and boxed food to county families in need. It was the largest amount ever collected at the Center! The food was delivered to Manna Food Center in Gaithersburg just before Christmas.

# How well do you know our village?

## *The Village Shuttle Bus Service—A lifeline for 37 years*

Residents of Friendship Heights have a unique and valuable service. Part of their tax dollars go to provide a shuttle bus service connecting the residential buildings, the Village Center, Metro, and shopping.

Like most innovations, when the idea of a bus was first proposed in 1977, not everyone thought it was a great idea. In fact it took two years before the service



began on a trial basis on June 14, 1979. By November of that year, in response to a petition signed by 500 residents, the Council made the service permanent.

Originally, the shuttle bus was owned by the Village, but run by a contractor. Before long, however, it was determined that a full service contract was far more practical. Since 2007, the bus has been run by RMA, the same company that runs the Bethesda Circulator. They

are responsible for hiring and supervising drivers, as well as providing and maintaining the equipment. As we have learned, the type of route that our bus runs is very hard on a vehicle. RMA is also responsible for providing an accessible backup bus as needed.

The service runs seven days a week. Schedules are available at the Center and also on the Village website. The bus is accessible, air-conditioned, and has comfortable seating. Drivers are courteous and try their best to be helpful. There is no charge.

In the words of one early supporter, "The shuttle service has changed our lives." A convenience for some, it has become a lifeline for many others.



## *Friendship Heights* **VILLAGE NEWS**

**www.friendshipheightsmd.gov**

**Email: info@friendshipheightsmd.gov**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### **ADVERTISING**

The deadline for reserving space for the March issue is February 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# ON the GO...

## A trip to the Renwick and Fogo de 'Wow'

Join us for a visit to the Renwick Gallery and enjoy lunch at the fabulous Fogo de Chao on **Thursday, Feb. 25.**

We will start with a docent-led "highlights tour" of the Renwick, which reopened in November after a two-year renovation. Located a block from the White House the Renwick was the first American building created to showcase art. Congress targeted the building for demolition in the 1950s, but first lady Jacqueline Kennedy campaigned successfully in 1962 to save it. President Lyndon Johnson later had the building donated to the Smithsonian. To celebrate the reopening, the entire museum has been turned into an immersive artwork with the exhibition, WONDER. *Please note: the tour involves an hour of walking.*

After the tour, we'll ride a few blocks to lunch at Fogo de Chao. This Brazilian steak house provides a fascinating dining experience as well as excellent food. The menu features unlimited servings of 15 different cuts of fire-roasted meats served on skewers by gaucho chefs who carve at table. There is also an enormous buffet of gourmet salads, fresh vegetables, and a variety of Brazilian side dishes.

We will leave the Village Center at 9:30 a.m. and return before 3 p.m. The cost, which includes the tour, lunch, transportation, and driver gratuity, is \$87.

The trip to Charleston and Savannah May 2-7, is sold out. If you are interested in being put on a waiting list or for details, call the Village Center at 301-656-2797. Among the highlights are tours of Brookgreen Gardens, Boone Hall plantation, Fort Sumter, boat and carriage rides, and a trolley tour of Savannah's signature squares. Myrtle Beach, Beaufort S.C. and Southern Pines, N.C. are also on the itinerary.

The cost of the trip is \$1550 per person / double occupancy and includes round-trip transportation, five nights deluxe accommodations, with breakfast, tours, carriage and boat rides, a dinner and more.

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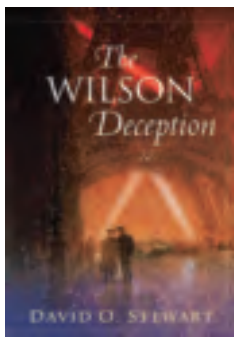
# Award-winning authors this month at the Center

## Author blends history with suspense

David O. Stewart will discuss his new book, *The Wilson Deception*, at the Village Center on **Thursday, Feb. 4, at 7:30 p.m.** The book blends history and suspense by combining historic figures with fictional characters. It tells the story of a president in poor health and the doctor who tries to determine the truth about his illness.

*The Wilson Deception* is his sixth book. In November, Mr. Stewart received the William H. Prescott Award for excellence in historical writing.

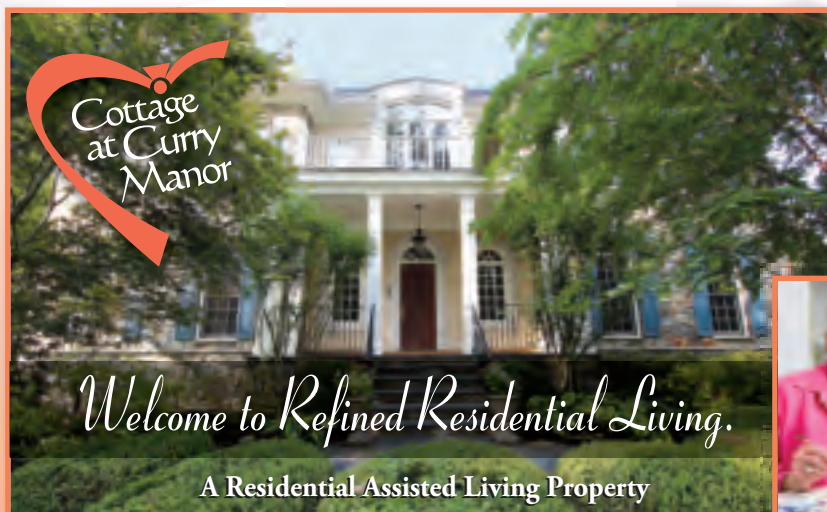
Copies of his book will be available for purchase. Please sign up by calling 301-656-2797.



## Historical romance novelist discusses her latest

Award-winning author Anne Barton will speak at the Village Center on **Thursday, Feb. 18 at 7:30**, about her book, *One Wild Winter's Eve*, the latest in her Honeycote series.

Ms. Barton's books have received many honors, including the Golden Heart from the Romance Writers of America and a starred review from Publishers Weekly. This will be her fourth book signing at the Village Center. Refreshments will be served and copies of the book will be available for purchase. Please sign up by calling 301-656-2797.



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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

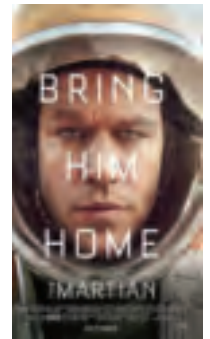
**Thursday, Feb. 4, 7:30 p.m. — Book Signing with David O. Stewart, see page 5 for details.**

**Thursday, Feb. 11, 7 p.m. — Movie — *Bridge of Spies***— In the Academy-Award nominee set in the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers's only hope is New York lawyer James Donovan, recruited by a CIA operative to negotiate his release. Stars Tom Hanks. Rated PG-13. Running Time: 142 minutes.



**Thursday, Feb. 18, 7:30 p.m. — Book Signing with Anne Barton, see page 5 for details.**

**Thursday, Feb. 25, 7 p.m. — Movie — *Martian***— When astronauts blast off from the planet Mars, they leave behind Mark Watney, presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. Stars Matt Damon. Rated PG-13. Running Time: 107 minutes.



### Contact Sam:

Direct: 301-404-3280  
Office: 202-363-9700  
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Sam is the source for everything real estate in The Village of Friendship Heights. Sam has the rolodex of buyers, sellers and agents who want to make our neighborhood their home or know someone who does. Nearly 70 real estate sales transactions in Friendship Heights in 2015. Over 120 agents were involved in those real estate transactions.

### Sam Solovey

is the only real estate agent in 2015 who participated in condo sales in ALL 4 buildings in the Village.

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# ART and CULTURE

## On exhibit in Friendship Gallery

In February the Village celebrates Black History Month with an exhibit of some of the finest African American artists in this region representing a wide array of media and historic artistic influences guided by tradition and nurtured by a profound understanding and respect for artistic discipline.

The show runs until Feb. 27. All are invited to a reception on **Sunday, Feb. 7, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium may not be available for viewing because of activities in that room. Please note that all sales of art are final.

## Caregivers Support Group: A new co-sponsor!

The Friendship Heights Village Center is pleased to announce that Brighton Gardens of Friendship Heights, a Sunrise Senior Living Community, is now a co-sponsor of the Caregivers Support Group. This monthly support group for people caring for parents, partners or children with serious illness or dementia will next meet at the Village Center on **Monday, Feb. 22, from 6:30 to 8 p.m.**

We are happy and very grateful for this new partnership with our neighbor. If you are a family caregiver—either at home or from a distance—you know the stress and exhaustion it can cause. Connecting with others in the



same situation can help. The meetings are led by Judith Bernstein, of GPS Senior Care, a clinical social worker and certified advanced social work case manager.

Let us know if you would like to attend by calling 301-656-2797. **Please note: the group is for caregivers only.**



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Friendship Heights  
Village Center



Calendar  
of Events 2016

FEBRUARY							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
The Village Book Club meets this month on <b>Tuesday, Feb. 16, at 11 a.m.</b> to discuss <i>A God in Ruins</i> by Kate Atkinson.	<b>1</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn <b>7 p.m.: Café Muse</b>	<b>2</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea <b>5 p.m.: Capital Improvements Committee mtg</b> 7 p.m.: Pilates	<b>3</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 4 p.m.: Bidding at Bridge	<b>4</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7:30 p.m.: Book Signing with David O. Stewart</b>	<b>5</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Movement	<b>6</b> 8:15 a.m.: Walking Club 10 a.m.: Cardio Ballet 10:30 a.m.: Basic Photography <b>11 a.m.: Children’s Dance</b> <b>12:30 p.m.: Meditation</b>	
	<b>7</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>8</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn <b>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING &amp; BUDGET HEARING</b>	<b>9</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation 7 p.m.: Pilates	<b>10</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes <b>1 p.m.: Suburban Lecture: “Breaking the Ice”</b> <b>7:30 p.m.: Concert:Jody Marshall and Ellen James</b>	<b>11</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Bridge of Spies</b>	<b>12</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	<b>13</b> 8:15 a.m.: Walking Club
	<b>14</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>15</b>  <b>Presidents Day Center Open 9 a.m. to 2 p.m.</b>  <b>Shuttle Bus runs on weekend schedule</b>  10 a.m.: Great Books 10:30 a.m.: Resistance Training	<b>16</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation	<b>17</b> 10:15 a.m.: Yiddish 12 p.m.: Chess group	<b>18</b> 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime <b>12:30 p.m.: Vision Support Lunch and Learn</b> 6:15 p.m.: Scrabble <b>7:30 p.m.: Book Signing with Anne Barton</b>	<b>19</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	<b>20</b> 8:15 a.m.: Walking Club 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children’s Dance 12:30 p.m.: Meditation
		<b>21</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>22</b> <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group 7 p.m.: Yoga with Kathryn	<b>23</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>24</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes <b>7:30 p.m.: Concert: String of Pearls</b>	<b>25</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji <b>9:30 a.m.: Depart for Renwick</b> 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Martian</b>	<b>26</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory
		<b>27</b> 8:15 a.m.: Walking Club 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children’s Dance 12:30 p.m.: Meditation	<b>28</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>29</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn	<div><h2>SAVE THE DATE</h2><p>Low Vision Town Hall 2016</p><p><b>Saturday, March 19, 10 a.m. to 12 p.m.</b></p><p>Keynotes: Suleiman Alibhai, O.D., Director, POB Low Vision Learning Center Tiffany Chan, O.D., Assistant Professor of Ophthalmology, Johns Hopkins Wilmer Eye Institute</p><p>Enjoy tech exhibits, resource info, coffee, bagels, and more.</p><p>A Partnersrhip of the Village of Friendship Heights, Prevention of Blindness Society 's Macular Degeneration Network and Sibley Senior Association.</p></div>		



Shuttle bus hours

Monday through Friday

Saturday and Sunday

6:40 a.m. to 9:40 p.m.

8 a.m. to 7 p.m.

**Village Center Hours**

Monday through Thursday  
Friday  
Saturday and Sunday

9 a.m. to 9 p.m.  
9 a.m. to 5 p.m.  
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Cafe Muse presents...

This month’s Café Muse, on **Monday, Feb. 1**, will feature poets Carlos Parada Ayala and Kim Roberts. Carlos Parada Ayala the author of the poetry book, *La luz de la tormenta/The Light of the Storm* and coeditor of the anthology *Al pie de la Casa Blanca: Poetas hispanos de Washington, DC*. This anthology was selected by the Library of Congress to celebrate 400 years of poetry written in Spanish in the United States. Parada Ayala is a recipient of the Commission on the Arts Larry Neal Poetry Award and has received the Commission’s individual artist’s fellowship. In 2013, the Embassy of El Salvador awarded him with the “Independence 2013” distinction for his contribution to Salvadoran letters.

Kim Roberts is the author of four books of poems: *Fortune’s Favor Pole*, a connected series of blank verse sonnets in the voice of Antarctic explorer Robert Falcon Scott, *Animal Magnetism*, *The Kimnama*, and *The Wishbone Galaxy*. She also edited the anthology *Full Moon On K Street: Poems About Washington DC* and wrote the nonfiction chapbook *Lip Smack: A History of Spoken Word in DC*. Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

*Coming up on March 21: Anders Carlson-Wee and Richard Peabody.*





# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

## ART and MUSIC

### ABSTRACT PAINTING **NEW!**

A 10-week course taught by Joan Samworth begins March 4. This class focuses on non-objective painting, meaning the elements of line, color, texture and pattern take priority over representational themes. Various combinations of materials will be introduced for exploration. This process is a tool to help the artist create his/her own unique original work. Bring your existing materials and support (paper or canvas) to first class. Prior painting experience recommended. Email Joan with any questions at [samworthj@aol.com](mailto:samworthj@aol.com). Maximum number of students is 12. Meets Fridays from 1 to 4 p.m. The cost is \$185 for residents; \$200 for nonresidents. Last class is May 6.

### ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Feb. 25. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Last class is April 28. Minimum number of students is 10; maximum is 14.

### ALL IN THE EYES

This 6-week class, taught by Marianne Winter, begins Feb. 24. Students will learn to draw faces expressively and capture likenesses using photos. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is April 6 (class will not meet March 23).

### MUSIC APPRECIATION **NEW!**

This is the second in the piano music series titled “Mozart and Beethoven” and taught by Smriti Hakkarinen. The 2-week class will be held Feb. 9 and 16; Tuesdays, from 6 to 7 p.m. Explores the development of piano music during the Classical period (1750 – 1820) and focuses on the piano music of Wolfgang Amadeus Mozart, and Ludwig van Beethoven’s cycle of 32 piano sonatas (the “New Testament” of music). Lectures will be supplemented by guided listening and discussion. No previous background required; taking the Jan. course is not required to take the Feb. course. Cost is \$40 for residents; \$45 for nonresidents.

### MUSIC APPRECIATION **NEW!**

Third in the piano music series titled “Chopin and Brahms” taught by Smriti Hakkarinen. The 2-week class will be held March 15 and 22; Tuesdays, from 6 to 7 p.m. Features an analysis of the Romantic period including the development of musical style, the emergence of “character pieces” and the changing role of the piano. Students will explore the influence of compositions by Chopin and Brahms, and their lasting impact on piano technique. No previous background required; taking the Feb. course is not required to take the March course. Cost is \$40 for residents; \$45 for nonresidents.

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins March 3. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media

are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is May 5.

## EXERCISE AND FITNESS

### BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Feb. 26. Meets Fridays, from 10:30 to 11:30 a.m. Learn exercises designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Class will not meet March 25.

### BALANCE AND COORDINATION

This 6-week class begins Feb. 23. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends March 29. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### CHAIR EXERCISE

This 6-week class begins Feb. 24. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for

### **EVENING YOGA W/ KATHRYN**

This 8-week class begins Feb. 1 and meets Mondays, from 7-8 p.m. We will use physical postures, movement and meditation to energize and restore. The class will focus on cultivating groundedness and welcoming growth as spring approaches. Please bring a yoga mat and a towel. Instructor Kathryn Chiarello is a Village resident and welcomes questions at 420-743-4294. The cost is \$85 for residents; \$90 for nonresidents. Session ends March 28 (class will not meet Feb. 15).

### **MAT PILATES**

The 6-week session begins Feb. 23. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. Session ends March 29.

### **STRENGTH TRAINING W/TONYA**

This 6-week class begins March 7. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 11.

### **SKY VALLEY TAI JI (Thursday)**

This 6-week class, taught by Taj Johnson, begins Feb. 25. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends March 31.

### **SKY VALLEY TAI JI (Tuesday)**

This 6-week class begins Feb. 23. Meets Tuesdays from 9:30 to 10:30 a.m.

The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends March 29.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

### **CAREGIVERS SUPPORT GROUP**

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Meets one Monday evening a month; check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays from 10:30 a.m. to noon.

### **DROP-IN TAI CHI**

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class

### **GREAT BOOKS GROUP**

Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### **HEALTH INS. COUNSELING**

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m.

### **SPEECH SUPPORT**

An aphasia support group sponsored by the NIH Suburban Hospital Stroke

Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

### **TEA**

Tea is served every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a family member or caregiver over 13.

### **VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358.

### **WALKING CLUB**

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk. Contact Helen Davis at 301-718-6340.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883.

## **Children's Art Camp**

Our annual children's summer art camp, run by curator Millie Shott, takes place **Monday, June 27 through Friday, July 1, from 9:30 a.m. to 1 p.m.** daily at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify. The cost is \$250 per child; sign up by March 1 and pay \$225 per child. Sign up immediately at the Village Center.



# CONCERTS

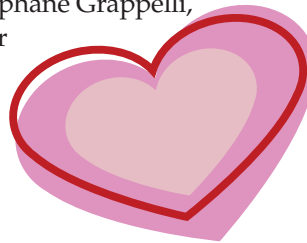
During the winter months, concerts will be held on the second and fourth Wednesday of the month from 7:30 – 8:30 p.m. on tin Huntley Hall in the Friendship Heights Village Center.

## Wednesday, Feb. 10 — Jody Marshall and Ellen James—

Jody Marshall, a native of the Washington, D.C. area, grew up in a musical family. Enchanted by the sound and visual appeal of the hammered dulcimer, she developed a passion for the instrument. She has been performing and teaching dulcimer since 1988 and was a founding member of the popular folk trios, Ironweed and MoonFire. She also performed extensively with Connemara. Jody will be joined by Ellen James on the celtic harp.

## Wednesday, Feb. 24 — String of

**Pearls—** String of Pearls might just be the ultimate title to describe the Susan Jones Jazz Quartet-the swinging, energetic and highly entertaining group led by violinist Susan Jones. After studying classical violin and discovering the sounds of legendary jazz great, Stephane Grappelli, Jones' number one dream and lifelong passion has been jazz performance.



In the event of inclement weather, please call the Village Center at 301-656-2797 to confirm that the center is open and that classes are being held. We generally follow the Federal Government's decision. Most classes have a make-up date built into the schedule. Check with your instructor to see if your session needs a "snow day."

## For Rent & Just Sold in the Somerset Community



### For Rent:

**5600 Wisconsin Ave. #204**  
\$3,200/month - 1 BR, 1.5 BA,  
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### Just Sold:

**5610 Wisconsin Ave. #1102**  
\$2,525,000 - 2 BR, 2.5 BA,  
Balcony; 2,503 SqFt

**5600 Wisconsin Ave. #1607**  
\$1,600,000 - 2 BR, 2.5 BA,  
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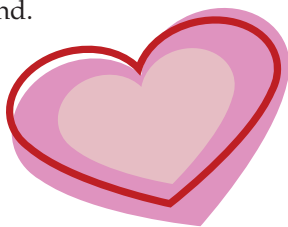


# TO YOUR HEALTH

## Breaking the Ice

As we get older, we no longer benefit from the built-in social circles that we may have had when we had school-age children or while working. Join us for an interactive class on **Wednesday, Feb. 10, at 1 p.m.**, at this month's Suburban lecture on creating and maintaining friendships. This program is co-sponsored by the Jewish Social Service Agency.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.



## Vision Support Group: An Eye Exam Could Save Your Life

A dilated eye exam can reveal a great deal about your overall health. Join us at this month's Vision Support Lunch and Learn at the Village Center on **Thursday, Feb. 18, from 12:30 to 1:30 p.m.**, and hear an enlightening presentation by ophthalmologist Aisha Macedo. Dr. Macedo joined Washington Eye Physicians and Surgeons in 2012 after completing her corneal fellowship at Wilmer Eye Institute at Johns Hopkins Hospital in Baltimore.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington ([www.youreyes.com](http://www.youreyes.com).) You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797. other health concerns.

If you know someone who could benefit from our monthly Vision Support Group, please bring your friend to the next meeting — and stay yourself for good food and conversation!

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
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# Village Council Corner

## Please Remember Friendship Heights!

While our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services), the numbers are down. Now, more than ever before, we need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2017 Proposed Budget contained in the Council's 2015 Annual Report, goes directly into services benefiting Village residents.

**Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights!** By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to the Village. Consequently, please take special care to mark your tax return as shown at right. Thank you!

## Committee discusses Center renovations

The Capital Improvements Committee met on January 12 with Mike Poness to discuss planned improvements to the Center. Mr. Poness presented concepts for the hallways, new

acoustical paneling in the auditorium, and redesigning the bathrooms and kitchen. The next meeting of the Committee will be **Tuesday, February 2, at 5 p.m.**

Council actions at the January 11 meeting:

- Heard input from residents about possible development on Parcel 6.
- Voted to expand Community Advisory Committee.

## FORM 502 MARYLAND RESIDENT INCOME TAX RETURN

OR FISCAL YEAR BEGINNING 2012, ENDING

Social Security number		Spouse's Social Security number	
Your First Name		Last Name	
Spouse's First Name	Initial	Last Name	
Present Address (No. and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)		Maryland County <b>Montg.</b>	City, Town, or Taxing Area <b>Friendship Hts</b>

Print Using Blue or Black Ink Only

**FILING STATUS** See Instruction 1 to determine if you are required to file

1. ☐ Single (If you can be claimed on another person's tax return, use Filing Status 1.)

2. ☐ Married filing joint return or spouse had no income

When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives our share of the state income tax.



Friendship Heights

# VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815



**Check out our website:**

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**February 2016 events calendar**